



## ***Policy***

**PRC-POL-SH-30646**

# **Recreation Policy**

**Revision 1, Change 1**

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**Project: CH2M HILL Plateau Remediation Company  
Topic: Occupational Safety & Industrial Hygiene**

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<h1><b>Administrative Use</b></h1>
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**CHANGE SUMMARY**

**AJHA:** N/A

**HRB Date:** N/A

**Periodic Review Due Date:** 3/25/2014

**Validation Date:** N/A

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**Description of Change**

Editorial changes to align with current CHPRC procedures format, and reference and form numbers and titles.

## 1.0 POLICY

It is the policy of CH2M HILL Plateau Remediation Company (CHPRC) to permit employees to engage in physical fitness type recreational activities on the Hanford Site during employees' uncompensated time (before or after normal working hours or during unpaid lunch breaks). This policy does not apply to employees engaged in physical training as required by CHPRC. Other physical fitness type recreational activities not identified below are not authorized.

Employees beginning an exercise program are strongly encouraged to seek medical authorization to do so from their private physician.

## 2.0 REQUIREMENTS

### 2.1 General

- Outdoor physical fitness type recreational activities will be discontinued during the following adverse weather conditions:
  - Temperature extremes unless appropriate heat/cold protection controls are utilized
  - Precipitation accumulating, on ground or significantly limited visibility of ¼ mile or less (rain, snow, sleet, hail, fog, etc.)
  - Wind (National Weather Service Wind Advisories or local visibility reduction due to blowing dust or other materials)
  - Monitor lightning within a 50 mile radius of exercise area and discontinue exercise activities when lightning is within a 10 mile radius.
- Physical fitness type recreational activities will be curtailed during area emergencies. Recreational activities will not be performed at locations participating in limited-scope emergency practice drills (Facility/Project specific exercises). Employees must also verify there are no activities in progress on the planned route that could pose a hazard such as controlled burns, construction, demolition, etc.
- Employees participating in recreational activities will immediately report any injuries sustained during their participation to line management and seek medical evaluation at AdvanceMed Hanford (Exception: Self-Treat type injuries, See PRC-PRO-SH-077, *Reporting, Investigating, and Managing Health, Safety and Property/Vehicle Events*). Event Report completion is required.

Employees are strongly encouraged to observe the following additional guidelines:

- Notify supervision or co-workers of the planned exercise route and expected return time.
- Exercise in groups of two or more.
- Carry means of communication when exercising.
- Check weather forecast and current weather conditions prior to beginning exercise activity.
- Be vigilant to observe for and avoid snakes, other wildlife, and other natural or manmade hazards.

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**2.2 Walking, Jogging, and Running**

- These activities are limited to paved-named roads and sidewalks within facility and/or Area boundaries; and
- Other areas as designated for use by Facility Managers or the Project Vice President. These areas must be evaluated for hazards prior to such designation and must be incorporated within the CHPRC Safety Inspection Program

**NOTE:** *When using roads, the activity must follow the standard road rules for pedestrians (walk, jog, run on the left side of the road facing traffic, move to the shoulder as vehicles approach, etc.).*

- Limited to daylight hours only (i.e., one-half hour after sunrise until one-half hour before sunset) unless the activity takes place within a well lit area within facility boundaries with the use of reflective material on the torso.

**2.3 Volleyball/Basketball**

Volleyball and basketball are permitted within controlled facility boundaries only when expressly approved by the Facility Manager or Project Vice President. Extreme care is expected and no horseplay or aggressive behavior is permitted. Volleyball and basketball areas will be incorporated into the CHPRC Safety Inspection program.

**2.4 Exercise Rooms**

Employees may utilize site exercise rooms, where available, as long as they follow the rules that have been established for utilizing these facilities (i.e., safety briefing prior to using equipment, etc.). Exercise facilities reserved for the Patrol and Fire Departments are not open for general employee use.

- Operating procedures and safety precautions for fixed exercise equipment such as but not limited to treadmills, stationary bicycles, and weights will be read by users prior to use and posted near the equipment; and
- Project exercise room equipment and other personal recreational equipment will be maintained in good order per the manufacturer's instructions. Equipment will be inspected by the user prior to use and immediately removed from service if found deficient. Exercise rooms and equipment will be included within the CHPRC Safety Inspection program.
- Exercise room equipment shall be disinfected by the user with an approved product following completion of the days exercise activities. Project Industrial Hygienists or the equipment manufacturer will identify appropriate disinfectant products.

**2.5 Other Activities**

No other physical fitness related recreational activities are permitted within CHPRC controlled areas; except

- Bicyclists commuting to or from work South of the Wye Barricade will use Route 4 South or the bicycle path located near the Columbia River to the exterior gates of the 300 Area. Bicyclists commuting to or from the 400 Area will use Route 4 South or Route 10 to the exterior gates of the 400 Area via Kentucky Blvd or Alabama Blvd respectively.

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**3.0 RESPONSIBILITIES**

**3.1 Employees**

All CHPRC employees are responsible for implementing the CHPRC Recreation policy and complying with the requirements outlined herein.

**3.2 Managers**

All CHPRC managers are responsible for communicating this policy to their employees to ensure employee knowledge and understanding, and for providing the proper level of oversight to ensure consistent compliance.

**4.0 REFERENCES**

CONTRACT NO. DE-A-C06-96RL13200 – Hanford Site Recreation Policy  
PRC-PRO-SH-077, *Reporting, Investigating, and Managing Health, Safety and Property/Vehicle Events*